

THE
MIRROR
OF
BEAUTY;
OR, THE
LADY'S AND GENTLEMAN'S
COMPANION
TO
THE TOILET,
AND
DRESSING ROOM
ASSISTANT;

Containing Directions for Preparing the
Most Approved Cosmetics, Perfumes, Den-
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the Complexion; with every Method of
making all kinds of Scented Waters, Soaps,
&c. made use of at the present day as ap-
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By L. P. Lamont,
PERFUMER, &c.

*Late of Rue San Honore, Paris, and
Regent Street, London.*

LONDON:
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[C. 1830]

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THE MIRROR OF BEAUTY.

Pearl Water for the Face.

Put half a pound of best Spanish oil soap, scraped very fine, into a gallon of boiling water. Stir it well for some time, and let it stand till cold. Add a quart of rectified spirit of wine, and half an ounce of oil of rosemary; stir them again.

This compound liquid, when put up in proper phials, in Italy, is called tincture of pearls. It is an excellent cosmetic for removing freckles from the face, and for improving the complexion.

To prepare Aromatic Vinegar.

Take of common vinegar any quantity; mix a sufficient quantity of powdered chalk, or common whitening, with it, to destroy the acidity. Then let the white matter subside, and pour off the insipid, supernatant liquor; afterwards let the white powder be dried, either in the open air, or by a fire. When it is dry, pour upon it sulphuric acid, (oil of vitriol) as long as white acid fumes continue to ascend. Stone vessels are the properest to be used on this occasion, as the acid will not act upon them. This product is the acetic acid, known in the shops by the name of aromatic vinegar. The simplicity and cheapness of this process points it out as a very useful and commodious one for purifying prisons, hospital-ships, and houses, where contagion is presumed or suspected, the white acid fumes diffusing themselves quickly around.

If any one is desirous of obtaining this acid in a liquid state, the apparatus of Nooth presents a convenience for the purpose. It must of course be collected in water. But the muriatic acid is cheaper, and much more expansible.

Cold Cream, or Pomatum for the Complexion.

Take white wax and spermaceti, of each a drachm; oil of sweet almonds, two ounces; spring water, an ounce and a half; melt the wax and spermaceti together in the oil of almonds, in a glazed

earthen pipkin, over hot ashes, or in a vapour-bath; pour the solution into a marble mortar, and stir it about with a wooden pestle, till it grow cold, and seem quite smooth; then mix the water gradually, and keep stirring, till the whole is incorporated. This pomatum becomes extremely white and light by the agitation, and very much resembles cream, from its similitude to which it has obtained its name.

This pomatum is an excellent cosmetic, and renders the skin supple and smooth. Some add a little balm of Gilead to heighten its virtue; and it is sometimes scented, by using rose-water or orange flower water in the preparation, instead of spring water, or with a few drops of any essence, as fancy directs. It is also very good to prevent marks in the face from the small-pox; in which last case, a little powder of saffron, or some desicative powder, such as flowers of zinc or french chalk, is usually added. Keep it for use in a large gallipot tied over with a bladder.

*The art of making Brillau's incomparable liquid
for changing the colour of the Hair.*

This is said to be the best liquid in the world for making the hair curl, as well as for changing that which is disagreeably sandy to a pleasant colour; the method of preparing it is as follows: Take two ounces of scrapings of lead, an ounce of hartshorn shavings, a quarter of an ounce of litharge of gold, and a drachm of camphor, put them into a pint of soft water, and let them boil for half an hour. When cold and fine, pour the liquid off, and add a drachm each of sugar of lead and rosemary flowers. Boil these up together, pour off the liquid, and, when fine, it is fit for use.

*Admirable wash for the Hair, said to thicken its
growth better than Bear's Grease.*

Take two ounces each of rosemary, maidenhair, southernwood, myrtle-berries, and hazel-bark, and burn them to ashes on a clean hearth or in an oven; with these ashes make a strong ley, with which wash the hair at the roots every day, and keep it cut short; this wash destroys the worm at the root, and proves far more effectual than bear's grease or pomatum, which rather feed than destroy that unsuspected enemy to the human hair.

To make Eau de Luce, and its Use.

Take of spirit of wine one ounce, spirit of salammoniacum four ounces, oil of amber one scruple, white Castile soap ten grains. Digest the soap and oil in the spirits of wine, add the ammoniacum, and shake them well together.

To make the Best Honey Water.

Take of coriander seeds, a pound, cassia, four ounces, cloves, and gum benison, each two ounces, oil of rhodium, essence of lemon, essence of bergamot, and oil of lavender, each one drachm, rectified spirit of wine, twenty pints, rose water, two quarts, nutmeg water, one quart, musk and ambergris, each twelve grains. Distil in a water bath to dryness.

To make Otto, (or Odour) of Roses.

Pick the leaves of roses from all seeds and stalks, put them into a clean earthen vessel, glazed within, or a clean wooden vessel. Pour spring water on them, so as to cover them; set the vessel in the sun in the morning at rising, and leave it in the sun-shine till sun-set; then take them into the house; repeat this for six or seven days, and in three or four days there will be a fine yellow oily matter on the surface of the water; and in two or three days more, there will appear a scum upon the surface, which is the otto of roses. This may be taken up with cotton, and squeezed into a phial with the finger and thumb.

Remark.—It is suspected that there is some mistake in this receipt, and it has passed to the public through very many hands. It was published in the Transactions of the Royal Society of Edinburgh, on the authority of Dr. D. Morno, of London, who received it from Major Makenzie, who again got it from an officer of his corps, whose name is not mentioned.

The account given by Polier in the Transactions of the Bengal Society is very different. It is needless to detail it, for it is exactly the process of an European distiller: cohobation on fresh leaves, and exposure to slight cold, to congeal the essential oil, which is skimmed off or taken up by cotton, and squeezed into phials.

It is conjectured, that in the manufacture or production of otto, which is thought to be profitable in the East, and the reverse in Europe, the difference cannot be in the price of labour, or similar

circumstances, which European skill would more than compensate; but in the fact, that there is a market for rose-water in the East, from the quantity used in washing hands, sprinkling rooms and garments, and similar purposes, to which the demand of the European apothecary and confectioner is comparatively insignificant. It is but a thin film of congealed essential oil which a great quantity of rose-water will afford; and after it is taken off, the water is still very good. In India it may be sold; in Europe it is waste; for to employ it in fresh distillations is clearly to waste a manufactured article.

To make Hungary Water.

Take a quantity of the flowers of rosemary, put them into a glass retort, and pour in as much spirit of wine as the flowers can imbibe; dilute the retort well, and let the flowers macerate for six days, then distil it in a sand heat.

To make Milk of Roses.

To one pint of rose water, add one ounce of oil of almonds, and ten drops of the oil of tartar.

N. B.—Let the oil of tartar be poured in last.

Orange Flower Paste for the Hands.

Blanch five or six pounds of bitter almonds, by boiling in water, and then beat them very fine in a marble mortar, with two pounds of orange flowers. If the paste be too oily, add to it some bean flour, finely sifted, but let no water enter the composition.

This paste is made abroad, but comes here very damaged, the sea-air destroying its properties.

To make Spanish Ladies' Rouge.

Take good new scarlet wood cuttings, and spirit of wine, or lemon-juice, boil them in a well-glazed earthen pot well stopped, till the liquid has changed itself with all the colour of the scarlet, strain the dye through a cloth, and all the colour therefrom, boil it afterwards in a little arabic water, till the colour becomes very deep. The proportion of materials is, to half a pound of scarlet cuttings, a quarter of a pint of spirit of wine, and a sufficient quantity of water to assist the soaking. Then, in the colour extracted, put a piece of gum arabic, of the size of a filbert; next steep some cotton in the colour, and wet some sheets of paper with the dye, which

repeat several times, as often as they are dry, and you will find them sufficiently charged with rouge for use.

A liquid Rouge that exactly imitates Nature.

Take a pint of good brandy, and infuse in it half an ounce of gum benjamin, an ounce of red sanders, and half an ounce of brazil wood, both in coarse powder; with half an ounce of roche alum. Cork the bottle tight, shake it well every day, and at the expiration of twelve days the liquor will be fit for use. Touch the cheeks lightly with this tincture, and it will scarcely be possible to perceive that rouge has been laid on, it will so nearly resemble the natural bloom.

Liquid for Thickening the Hair.

Slice eight ounces of burdock root, and cut four ounces of onions; boil these for half an hour in two quarts of spring water, and then add half a pint of rum, a pint of sweet oil, and two ounces of pearl-ash dissolved in an ounce of warm water. The three last ingredients are to be well mixed, previous to their addition to the decoction of burdock, &c. This liquid is to be well rubbed into the roots of the hair.

To make the Famous French Perfume called Pot Pourri.

Take orange flowers and common rose leaves, of each 1 pound, leaves of red pinks half a pound, leaves of marjoram and myrtle, carefully picked, each half a pound, leaves of musk roses, thyme, lavender, rosemary, sage, camomile, melilot, hyssop, sweet basil, and balm, of each two ounces. Jessamine flowers two or three handfuls, laurel leaves fifteen or twenty, exterior rind of lemons a large handful, small green oranges about the same quantity, salt half a pound, put all into a well leaded earthen jar, and stir the whole carefully with a wooden spatula or spoon twice a day for a month; afterwards add florentine white iris and benzoine, of each twelve ounces, cloves and cinnamon powdered of each two ounces, mace, storax, calamus, aromaticus and cyprus, of each one ounce. Lemon coloured sandal and long sweet cyprus, of each 6 drachms, stir all together as before directed, and the issue will be the complete, genuine, delightful perfume termed pot pourri. The propor-

tions specified above must be carefully attended to, as on this much of the perfection of this elegant composition depends, the quantities being so adjusted, that in the combination of all these fine odours, not one is found to predominate beyond another.

To make French Red for the Face.

This is a preparation of carmine; it is called French Red from having been first made in perfection in France. It is prepared as follows.

Take an ounce of genuine carmine, light in weight, and strong in colour. By mixing this with very finely sifted starch-powder, three or four different shades of colour may be produced; viz. the first high, and next in shade to the carmine itself; the second paler, and a third sort paler still. This last is the most esteemed for use, as coming nearest to a flesh-red. As to the quantity of starch-powder to be used, it is quite uncertain; the operator must therefore be ruled by her eye, beginning when she mixes it (which should be on sheets of black glazed paper,) with only a small quantity of each, until she has determined the shade required. For the palest or third shade, one ounce of carmine may very well be mixed with an ounce of the starch-powder, if not more. Care must be taken to incorporate the powders, so that there may be no white specks nor variation of colour visible.

Genuine Windsor Soap.

To make this famous soap for washing the hands, shaving, &c. nothing more is necessary than to slice the best white soap as thin as possible, melt it in a stew-pan over a slow fire, scent it well with the oil of caraway, and then pour it into a frame or mould made for that purpose, or a small drawer, adapted in size and form to the quantity. When it has stood three or four days in a dry situation, cut it into square pieces, and it is ready for use. By this simple mode, substituting any more favourite scent for that of caraway, all persons may suit themselves with a good perfumed soap at a trifling expense. Shaving boxes may be at once filled with the melted soap, instead of a mould.

THE DENTIST.

Rules for the Preservation of the Teeth and Gums.

THE enamel of the teeth is stronger in some persons than in others. When this enamel is destroyed or wasted, either from scorbutic humours or the application of injurious external substances, the tooth cannot long remain sound, and must therefore be cleaned with great caution. For this purpose, the best instrument is a small piece of wood, like a butcher's skewer, made soft at one end. It is generally to be used alone, dipping it only once a fortnight in a few grains of gunpowder (or a preparation of nitre and charcoal,) previously well bruised. These will remove every spot and blemish, where erasures have not taken place, and give to the teeth a beautiful white lustre, where the enamel is sound.

To stop the Progress of Rotting Teeth.

To arrest the progress of the carious tooth, without having recourse to any operation for that pur-

pose, the patient, by means of a hair pencil, may introduce a little of the oil of guiacum. A piece of gum myrrh, or myrrh and one-third crude opium, may be worn in the hollow tooth. To this, however, we have more effectually alluded when speaking of the preservation of the teeth.

Diseases of the Teeth.

The teeth are liable to decay, become carious and hollow, and thereby denude the nerve and membrane lining them. A high degree of inflammation frequently sets in, and continues with exceeding violence for several days.

The vulgar method of treatment in these cases, and which is extremely injudicious where acute pain and much inflammation exist, is to apply tinctures and essential oils, upon cotton, as tincture of benjamin, oil of marjoram, rosemary, and the like; or pills made of camphor and opium; or chewing the acrid root of the pellitory of Spain. Some destroy the nerve with sulphuric or nitrous acid, or a hot iron, or touch the antehelix, or posterior eminence of the ear, with the latter. But when any of these means are tried, if there be much inflammation, bleeding, purging, and blistering behind the ears ought to precede their use; though, in cases where the caries of the tooth is extensive, the hole may be plugged up with some narcotic preparation, as camphor and opium made

into a pill; or the following, which seldom fails to afford relief for the time :—

Take—Extract of belladonna, 1 grain,

Powder of liquorice-root, enough for two small pills,

one of which is to be introduced into the carious tooth, and there suffered gradually to dissolve, the saliva worked round it, and afterwards swallowed.

Irritating substances, as the essential oils, where the pain is acute, afford no relief, though in chronic affections they may be of temporary advantage.

*Danger of Caustic or Corroding Applications
to the Teeth.*

Independent of the injury done to the enamel by the application of concentrated acids to carious teeth, there are other consequences to be apprehended.

Fabricus Hildanus (Cent. Obs. 4 Obs. 21) informs us, that a certain princess, of forty years of age, being troubled with a violent pain in her teeth, and having tried many remedies in vain, at last had recourse to aquafortis. Either in consequence of its caustic nature, or the continuation of the fluxion, several of her teeth rotted, broke, and came away, leaving several cavernous fistulæ in the chin, and ulcers under the glands, which voided about three pints of matter daily. At length, all the teeth rotted, she became feverish, and the the bones of the head were diseased.

*Some further Remarks on the actual Caution, and
Plugging of Teeth.*

The vitality of the teeth is considered to depend on the existence of their vessels, as their sensibility naturally does on the existence of their nerves ; thus, when the vessels and nerves entering the root of a tooth are destroyed, that tooth can possess neither sensibility nor vitality ; but, although deprived of life, we do not imagine, by any means, that it is altogether an useless or intrusive part in the animal economy. Indeed, we could adduce several instances, where, after the nerve of a tooth had been destroyed, that same tooth has remained for years firm in its sockets, undergoing only a slight degree of discolouration ; and we could bring forward, also, several cases, where, after the nerve of a tooth had been destroyed, its sensibility has been restored. This, however, is not a material object in the present plan of our labour, and belongs only to the practical parts connected with the structure and function of the teeth on which adjacent functions depend.

The use of the actual cautery, notwithstanding the caution and address with which Mr. Koecker recommends it, is for the most part found intolerably painful, and sometimes scarcely endurable. We shall quote the following instance, which was productive of serious consequences .—

Case.

Towards the end of December (says our authority,) in the year 1822, a poor woman was brought into the Hotel Dieu, Paris, under the following circumstances :—Being dreadfully afflicted with tooth-ache, and not wanting to lose her tooth, she applied to a chemist for something to mitigate the pain. A man in the shop having heard that the actual cautery was a sure remedy for it, heated an iron, and thrust it into the interior of the painful tooth.

The woman possibly might have been of an irritable constitution ; she went out in the air, and caught cold : before night, inflammation was rapidly setting, and, by the next day, the face and cheek were swollen to a considerable extent ; the woman was consequently compelled to keep her room ; still the symptoms did not abate. The swelling continued to increase ; her eyes were scarcely perceptible ; her articulation could not be distinguished ; her face was nearly double its natural size ; and, altogether, she exhibited a most shocking appearance : nor was it until a very considerable time after she entered the hospital, that her recovery was certain.

Remarks.

This circumstance shews the great liability there is to inflammation, if we trifle with the nerves in the interior of the teeth. We have ourselves;

where the preservation of a tooth has been indispensably requisite, frequently applied the actual cautery, but have always been apprehensive of bad consequences. Many French dentists resort to this medium whenever they find the least sensibility in a tooth, and they generally find that it hardens the tender part. When a decay is so far advanced as nearly to expose a tooth's cavity, it is then impossible to plug up that tooth with metal, on account of the pain and inflammation that the pressure on the nerve would occasion; but by introducing a heated iron into the cavity of the decay, if properly applied, the sensibility is greatly diminished.

Actuated by what is here said on the subject, many continental, as well as British, dentists have imagined, that where a decay of a serious nature occurred in the crown of a tooth, in the lower jaw, melted gold or lead introduced into that cavity would not only, if pain existed, alleviate it, but, by the cavity being, as decays in general are, much larger in the interior, remain permanently, for a considerable time, in the tooth.

This plan, being altogether new, was much adopted; but the very great success with which the late Mr. Waite, of Old Burlington Street, performed this operation, got the melted metal very much into disrepute. Many patients suffered severely from burns, and many objections were

raised, which condemned the operation, although the idea was reckoned good.

Numberless facts connected with the teeth are still in obscurity, nor have we many interesting works published on them, except those of Fox, Blake, and Bell, that of John Hunter's being the general standard. To us, indeed, it appears somewhat ironical, that out of so many dentists who get into such great reputation at the west end of the town, we do not find some among them who endeavour to contribute their mite towards the general stock of useful information. The extracts we have given from Mr. Koecker's work appear to be founded on scientific principles ; and, as so few dentists in our own metropolis can favour us with their knowledge, let us return him all the credit due to his endeavours.

On the Abstraction of Teeth.

When the caries of a tooth cannot be early checked, and the individual is troubled with frequent and violent returns of the tooth-ache, and also where the means and convenience do not admit of its being plugged, the radical cure consists in having it extracted ; since caries, or rotten teeth, are known to affect the breath, as well as to affect their neighbours.

There are several instruments used in drawing teeth : one, for instance, where the tooth to be

drawn is seated far back in the mouth; and another, where they are not so far; and the punch for those that are broken off at the root close to the gum, and where it does not admit of being siezed with the extracting instrument.

When Teeth ought not to be Drawn.—Palliatives.

Unless teeth are carious, they ought not to be drawn in every case, though they put the patient to a great deal of pain. In this case the cooling treatment ought to be adopted: and, as pains in the teeth frequently proceed from an acrimony in the lymph, whose fomes are in the stomach.

Transplanting of Teeth.

This method of supplying good for unsound teeth has long been laid aside, in consequence of the danger with which the practice is attended, by the communication of disease from an unhealthy to a healthy person. It might, nevertheless, be continued with success on many occasions, could persons in a wholesome and sound state of body be found to answer the demand, however unnatural it may appear. But a few untoward cases soon raised a prejudice against the continuance of the practice, as in the transfusion of blood from one individual to another; though the latter has recently been eminently successful, under the hands of Dr. Blundell,

the lecturer on midwifery. And we have no doubt, that both the transfusion of blood, and the transplantation of teeth, are capable, with judgment and discrimination, of being rendered subserviently beneficial to society, where exhaustion or decay may suggest the means.

We have the following case of this practice, which at one time was rather fashionable. The patient, a young lady of great beauty and merit, after having been attended by some of the most eminent physicians in this metropolis, sunk under the disorder. The following alarming account of this case was given by the late ingenious Dr. Duncan, of Edinburgh, in the following words :—"A new disease has lately been discovered in London, occasioned by the transplanting of teeth from the head of one person to that of another. The mortality from it is computed at nearly two deaths to ten diseases; and about one in every hundred who receive the teeth by transplantation is affected by this disease. Ulcerations of the throat and gums, with eruptions on the skin, are its chief marks. When death takes place, it is from the occurrence of spachelus. From five or six weeks after transplanting, the teeth look well, and are as firm as the others. A cure has been attempted in vain, by the Peruvian bark; and it has proved fatal after the use of mercury, although some cases have yielded to that medicine."

Treatment of Decayed or Rotten Teeth.

The manner in which the teeth, under certain conditions, have been treated, and the remedies hitherto supplied by surgery, have many of them, from the commencement of our practice, appeared contrary to reason, if not cruel. All authors, indeed, which we have consulted on this subject, concur in recommending the destruction of the nerve of the tooth, and its investing membrane: and it is with this view the use of concentrated acids and red-hot irons is recommended. The pain caused by this operation of destroying the nerve is so intense and protracted, and the very idea of it so distressing, that few patients are willing to submit to it. But then the violent irritation created by it in the whole nervous system, but more especially in the adjoining nerves and parts, occasions, not unfrequently, a considerable irritable or inflammatory tendency. In a few days after the operation, an inflammation of the whole mouth ensues, which soon becomes concentrated upon the parts near the affected tooth, when tumefaction and suppuration take place. The pus being discharged from the swelled gums, the patient obtains some relief; but a perfect cure is not accomplished, which can only now be effected by the extraction of the tooth—an operation to which the patient soon flies for relief.

A tooth deprived of its vitality, by the destruc-

tion of its nerve, acts upon the parts with which it is immediately in contact, as a foreign dead body. It produces all the evil effects which are usually the consequence of the dead root of a tooth, but in an infinitely greater degree.

From the moment a tooth is deprived of life, it becomes an useless and intrusive part in the animal economy, and causes an irritation with which the whole constitution sympathizes. In the beginning, the suppuration at the root of a tooth exists in the fasciculus of the nerves, and extends afterwards to the cord of the nerve. The progress of the disease opens a way for the discharge of the matter through the canal of the root. If, therefore, a tooth which has been treated upon this plan be filled up with metal, the natural opening for the discharge of the matter is thereby obstructed, and the matter being thereby confined and accumulated, works its way through the side of the socket, and produces a fistulous opening, which can only be remedied by extracting the tooth.

On the Structure of the Teeth.

The teeth are small longish bones, smooth and hard, inserted into their sockets in the same manner, comparatively, as a nail is driven into a piece of wood.

In young children the teeth begin to appear about the seventh or eighth month, often sooner.

Their number is generally sixteen above, and as many below—though some people have more, others fewer.

The broad thick part of each tooth, which appears without the socket above the gums, is called the base or body of it. The smaller processes sunk into the jaws are the roots or fangs, which become gradually smaller towards the farthest end from the base, or are nearly of the shape of a cone, by which the surface of their sides divides the pressure made on the basis, to prevent the soft parts, which are at the small points of the sockets, being hurt by such pressure. At the place where the base ends, and the roots begin, there is generally a small circular depression, which some call the neck or collar of the tooth.

The external parts of the teeth are said to have no periosteum, or covering membrane : but this is supplied by the reflected membrane of the gums. The adhesion of this membrane to these roots is strengthened by the small furrows observable on them.

Each tooth is composed of its cortex, or enamel, and an internal bony substance.

The enamel has no cavity or place for marrow, as the other cylindrical bones ; and is so solid or hard, that saws or files can with difficulty make impression on it. The enamel is thickest on the base or top of each tooth, and, gradually, as the

roots turn smaller, becomes thinner, but not proportionally to the difference of the size of the base of the roots. The fibres of this enamel are all perpendicular to the internal substance, and are strongest on the base, but at the sides are arched with a convex side towards the roots, which enables the teeth to resist the compression of any hard body between the jaws, with less danger of breaking these fibres, than if they had been situated transversely.

The spongy sockets in which the teeth are placed, likewise serve better to prevent such an injury than a more solid base would have done. Notwithstanding the great hardness of this enamel, it is wasted by manducation. Hence, the sharp edges of some teeth are blunted and made broad, while the rough surfaces of the others are made smooth and flat, as people advance in life.

The bony part of the teeth has its fibres running straight, according to the length of the teeth. When it is exposed to the air, by the breaking or falling-off of the hard enamel, it soon corrupts; and these decayed teeth are all hollow within, a very small hole appearing only externally.

The teeth have canals formed in their middle, wherein nerves and blood-vessels are lodged; which they certainly need, being constantly wasted by the attrition they are subjected to in chewing, and for their farther growth, not only after they

first appear, but even in adults, as is evident when a tooth is taken out, for then the opposite one becomes longer, and those on each side of the empty socket turn broader; so that, when the jaws are brought together, it is scarcely observable where the tooth is wanting.

The teeth are plentifully supplied with vessels, as may be seen by injection, which exposes them to the same disorders that attack other vascular parts; and such teeth as have the greatest number of vessels stand the greatest chance of being attacked with these diseases.

The root of every tooth has a distinct canal, with vessels and nerves. Those canals in the teeth which have more than one root, come nearer each other as they approach the base of the tooth, and at last are separated by very thin plates, which, being generally incomplete, allow a communication of all the canals; and frequently only one common cavity appears within the base, in which a pulpy substance, composed of nerves and vessels, is lodged. The condition, therefore, of the nerves, here, bears a strong analogy to that of the nerves of the skin, which serve for the sense of touch.

Observations on what is called the Scaling of Teeth.

It was always our conviction that any operation of this kind, performed on the teeth, is extremely injurious. The enamel, which before was sound,

is often destroyed by the ridiculous and ignorant pretender to impossibilities. If any thing, as tartar, or other delible formations, attach to the teeth, they are to be removed without injury to the enamel, which, once destroyed, can never be repaired but by means of proper dentrifices. And the following, we will venture to say, will give the enamel all the lustre and whiteness it is capable of receiving, without the use of useless and unnecessary instruments, which never ought to be suffered to touch a tooth, unless for its entire removal, or some intrusive body or disorganized part :—

Take—Soft water $\frac{1}{2}$ pint
 Liquor of potash 1 drachm.

Wash and brush the teeth with these ; and take a quantity in the mouth, and hold it for two or three minutes, to give it sufficient time to act upon the acid at the roots of the teeth.

Those who assert, that in the substance of the teeth there is no sensation, must be deprived of that feeling which others so exquisitely possess. The idea of filing and battering teeth about, with a view to their improvement, is unnatural. We do not recommend practices of this description, unless actual demonstration can be given of their utility. Of

False Teeth,

we say nothing. They certainly save appearances. They are expensive, attended with trouble, and

are sometimes dangerous to the local health of the gums, by an undue pressure, which these soft parts are unable to resist. Some, it is true, after long habit, may become callous to their use; as false eyes are made, by degrees, to adapt themselves to the sockets of their formerly animated predecessors.

We recommend the extraction of carious teeth, when they are troublesome, and particularly when they are far gone. This is the only way to avoid pain and save expense.

Tooth Powder de Madame Maintenon.

From what authority this has been ascribed to this celebrated lady, we pretend not to say. It is, however, an excellent composition.

Take—Cuttle-fish bone	- - - -	$\frac{1}{2}$ ounce,
Fine prepared chalk	- - -	$\frac{1}{2}$ ounce,
Peruvian bark	- - - - -	2 drachms,
Florentine orrice-root	- -	2 drachms,
Rose pink	- - - - -	1 drachm.

Let the whole be reduced to a fine powder, and intimately mixed. After which, it may be scented with ambergris, oil of cinnamon, musk, bergamotte, or other perfume, to the taste.

*A Dentrifrice, to Preserve and Whiten the Teeth,
and Correct a Tainted Breath.*

Take—Vitriolated tartar	- - - . -	2 drachms,
Dragon's blood and myrrh, each	$\frac{1}{2}$ drachm,	
Gum lac	- - - - -	1 drachm,

Ambergris - - - - - 4 grains,
 And, if you like, musk - - - - 2 grains.

Let these be well powdered and mixed in a marble mortar, and kept in a stopped bottle for use.

The method of using the above is as follows :—put a little of the powder into a saucer, or on a piece of white paper ; then put a piece of clean linen cloth upon the end of your finger, just moisten it with water, and dip it in the powder, and rub the teeth well with it once a day, (morning ;) but, if you want to preserve their lustre, twice a week is sufficient to use it.

NOTE.—This is certainly an admirable and well-contrived powder, and will go far in preserving the teeth and gums, and in correcting what is commonly called a tainted or stinking breath, which, for the most part, is occasioned by carious teeth or scorbutic gums ; the last of which is so incidental and fatal to the teeth of children. This powder will do good, applied in the manner directed.

The too frequent use of a tooth-brush makes the teeth become long and deformed, although a good instrument ; but the moderate use of it is proper enough. After rubbing the teeth with the above powder, the mouth may be rinsed with a little red wine, warm.

A Powder to Strengthen the Teeth and Gums.

Take—Prepared pumice-stone - - 1 ounce
 Fuller's earth - - - - 1 ounce

Red coral prepared	-	-	-	1 ounce
Dragon's blood	-	-	-	$\frac{1}{2}$ ounce
Cream of Tartar	-	-	-	$1\frac{1}{2}$ ounce
Cinnamon in powder	-	-	-	2 drachms
Cloves	-	-	-	1 scruple.

Mix these, and make one whole powder.

This preparation, in the form of powder, is used to clean and whiten the teeth; to prevent the inconvenience that may arise from the accumulation of tartar, or other materials, among the teeth. It is made use of by means of a small brush, or at the end of one of the roots hereafter mentioned. Both ends are moistened, that the powder may stick to them, and the teeth are rubbed with the same.

To Clean the Teeth and Gums, and make the Flesh grow close to the Roots of the Enamel.

Take an ounce of myrrh, in fine powder, two spoonsful of the best white honey, and a little green sage, in fine powder. Mix these well together, and rub the teeth and gums with a little of them every night and morning. This may also be used diluted in any proper menstruum, as a gargle, in diseased or relaxed uvula, and sore throat, of the putrid kind.

Method of Preparing Roots to Clean the Teeth.

The roots made use of to clean the teeth are arranged in the form of small brushes at both ends; they have probably been substituted for brushes,

from being softer to the gums. The fibrous and ligneous roots are the best for this purpose, as those of lucern, mallows, and liquorice; consequently, they are obliged to be deprived entirely of their extractive part, by boiling them at different times in a large quantity of water, which is to be frequently changed.

The lucern-root of the second year is that which is preferred, about the size of the little finger; those that are too large are rejected, as well as those which are rotten or gnawed by insects. They are cut in lengths of about six inches, and divested, as before observed, of their extractive matter, by boiling them. As soon as they become partially dry, the fibres at both ends are separated with a penknife, giving them at the same time the shape of a hair pencil, or brush; they are then thoroughly dried, that they may not split. Some dip them afterwards in a strong infusion of liquorice, to disguise them; they are dried again, and put by for use.

The liquorice-root is prepared in the same manner. The mallow roots are more easily prepared, but they are very brittle when dry, in consequence of the mucilage which they contain, which of itself is very brittle, when dry. The thickest and smoothest are taken; they are then scraped with a knife, to remove the outer bark, and are dyed red, by dipping them in a similar infusion to that in which sponges are dipped for the same purpose. After

the roots have remained twenty one hours in the dye, they are taken out, and slowly dried, and are done over with two or three layers of gum tragacanth in succession: on these layers of mucilage are afterwards laid several coats of tincture of benzoin, in order to make a more solid covering of tarnish than that of the mucilage, and which is not susceptible of melting.

The lucern and liquorice roots are varnished and dyed in the same manner. The marsh-mallow roots shrink considerably while they are in the dye, in consequence of the destruction of their mucilage.

To prepare Tooth-Sponges.

For this purpose, very fine sponges are selected. They are washed in several waters, by handling them about, in order to detach from them any extraneous matter, as small shells, which are often found in the interior of them. They are then dried, and afterwards properly cut, to the form of a ball, about the size of a small egg, Thus prepared, they are put into the following dye:—

Take—Brazil Wood	- - - - -	4 ounces
Cochineal, bruised	- - - - -	3 grains
Rock Alum	- - - - -	4 grains
Water	- - - - -	4 pints.

These ingredients are put into a convenient vessel, and the liquor boiled down to one-half. The decoction is strained through linen, and it is poured

quite hot upon the sponges, which are left to infuse for twelve hours; they are then taken out and well washed, to disgorge the superfluous dye, until the last water is left quite clear. They are then dried, and afterwards soaked in spirits of wine, aromatized with the essential oil of cinnamon, cloves or lavender.

When the sponges are taken out of the spirits of wine, they are squeezed, and preserved in a large-mouthed bottle, well stopped.

To make the Teeth White.

Take three spoonsful of celandine, nine spoonsful of honey, half a spoonful of burned alum, and rub the teeth with it.

Tooth Powder.

Take—Cream of Tartar - - - - - $\frac{1}{2}$ ounce

Myrrh, in powder - - - - - $\frac{1}{4}$ ounce.

Rub the teeth with this mixture two or three times a week.

A Coral Stick for the Teeth.

Make a stiff paste with tooth-powder, and a sufficient quantity of the mucilage of gum tragacanth; form this paste into little cylindrical rollers, about the thickness of a large goose-quill, and about three inches in length. Dry them in the shade.

The method of using this stick, is to rub it against the teeth, which become cleaner in proportion as it wastes.

On the Mouth, Teeth, and Breath, of Children.

There are diseases in the early stages of infancy which principally have their locality—that is, they usually manifest their effects in the mouth. Such, for instance, is the thrush : this disease is often of a very serious nature, because attended with pain, inflammation, consequently with a fever, and a dread of taking food.

The apthæ, or eruptions which characterize this infantile disease, principally affect the mouth, fauces, and even the lips. Sometimes they also appear about the verge of the anus ; and then, even by practitioners of professed skill, they are supposed to have crept down from the mouth, along the whole of the alimentary canal. This, also, has been pronounced as apthæ in other diseases, particularly the dysentery.

The subjective cause of apthæ is the particular tenderness of the skin of the mouth, and those parts the air has access to, which has no covering of true skin. The exciting cause is partly the cold air, and partly the fermentative acrimony of the child's food in its stomach, which, when thrown or eructated upwards, or even by its steams, irritates, inflames, and ulcerates these tender parts, or produces inflammatory pimples all over them.

In this disease, it is absolutely necessary to attend to the state of the bowels of infants, to empty them of acrimonious matter, to keep the infant

warm, to administer the most inoffensive food, when other than the breast is necessary. As regards topical applications, both emollient and diluent ones have been experienced to be serviceable: e. g.

Borax	-	-	-	-	-	-	1 drachm
Honey	-	-	-	-	-	-	1 ounce.

Let these be perfectly mixed, and a small piece, according to the age of the infant, laid upon the tongue.

The body should be kept gently open, with magnesia and rhubarb. Mulberry jam is also an excellent and safe local application; as is also honey of roses.

If practitioners were attentive to the circumstances and stages of this disease, that clearly indicated the application of either emollient or diluent medicines, they would be better employed than in censuring the practice of their brethren.

To Fasten Teeth in Scorbutic Gums.

Take—The best bole ammoniac	-	-	-	2 drachms
Myrrh in powder	-	-	-	1 drachm
Rock alum	-	-	-	$\frac{1}{2}$ drachm
Claret	-	-	-	1 pint.

Boil these gently together for a short time; and let the patient gargle his teeth and gums therewith often in the course of the day.

Note.—The three first ingredients make a very good dentifrice, without the claret.

Another.

The following, we are told, was presented to Charles the First, to fasten his teeth.

Take a pint of spring water, and put to it four ounces of brandy. The royal patient was ordered to wash his mouth with the mixture every morning, fasting, and two or three times in the course of the day ; and in the morning to roll a piece of rock alum about his mouth for a short time.

To prevent the Tooth-ache, and keep the Teeth sound.

The patient is recommended to rub his teeth moderately with the ashes of tobacco that remain in pipes, or that fall off from the ends of cigars ; afterwards washing the mouth with luke-warm water, and wiping the teeth with a sponge.

Note.—The tobacco ashes have no other property than that of a small portion of alkali, which may serve to dissolve acrimonious encrustations on the enamel ; and may be useful where the teeth are clammy and agglutinated, in consequence of not being often cleaned.

An almost Specific Remedy for the Tooth-ache.

Into a quart of port wine, or claret, put a drachm of alum, and another of acorns ; a drachm and a half of galls, and half a handful of good day-dried red rose-leaves : boil them down to half, and then strain, and dissolve in it a drachm and a half of

gum arabic, bruised in small pieces; and with this liquor, a little hot, wash the teeth and gums daily.—BOYLE.

OBS.—This is an excellent astringent application to spongy or scorbutic gums, which are apt to bleed. It will astringe the fibres, and teeth that are inclined to be loose may be strengthened in their sockets by it. The mouth may be washed with it several times a day: it will purify the breath, depending on diseased teeth or scorbutic gums.

Any of the following Prescriptions for Tooth Powders may be used with much advantage.

Take of powder of prepared chalk	- - - -	2 ounces.
Powder of cuttle-fish	- - - -	1 oz.
Powder of orris root	- - - -	1 oz.
Powdered gum myrrh	- - - -	$\frac{1}{2}$ oz.
... Sulphate of quinine	- -	10 grains.

Mix together.

This tooth powder is highly recommended by Mr. Saunders, who states that it may be delicately tinted with a little drop-lake, and perfumed with any of the essential oils, as fancy may dictate.

Or,

Take of powdered orris root	- - - -	4 ounces.
..... Cuttle-fish	- - - -	2 ozs.
..... Cream of Tartar	- - - -	1 oz.
..... Gum myrrh	- - - -	$\frac{1}{2}$ oz.
Oil of cloves	- - - -	16 drops.
Drop-lake	- - - -	16 drops.

Mix together.

Or,

Take of fine powder of Peruvian bark	- - -	1 ounce.
Powdered cream of Tartar	- - -	2 drachms.
..... Gum myrrh	- - -	1 drachm.
..... Cuttle-fish	- - -	4 drachms.
Oil of cloves	- - - - -	8 drops.

Mix together.

Or,

Take of powdered cuttle-fish	- - - - -	8 ounces.
..... Cream of Tartar	- - -	4 ozs.
..... Orris root	- - - - -	2 ozs.

Mix together.

Or, the Following,

Which is the Chevalier Ruspini's celebrated Dentifrice may be used, although the alum and cream of tartar will not suit every person's teeth, so well as the one recommended by Mr. Saunders, or the Areca nut charcoal, as prepared by Mr. Reece.

Take of powdered cuttle-fish	- - - - -	8 ounces.
..... Rock alum	- - - - -	1 oz.
..... Cream of Tartar	- - - - -	2 ozs.
..... Orris root	- - - - -	1 oz.
..... Burnt hartshorn	- - - - -	2 ozs.
Oil of rhodium	- - - - -	6 drops.

Mix the whole well together.

Tinctures for the Teeth.

Whenever the gums, either from neglect of the teeth, or any other cause, assume a soft and spongy texture, they require the application of stimulants for their cure. Here, again, quackery has pro-

duced an almost endless variety of nostrums ; but the following will be found to answer every purpose. They should not be used but in those cases wherein the teeth are loose in their cavities, or are themselves diseased, together with great tenderness and turgescence of the gums. Whenever they are employed, their application should always be combined with the free use of the brush on the teeth and gums, or they may be lanced occasionally with great benefit to the patient. The tinctures for the teeth, are the following :—

Take of tincture of myrrh - - - - - 1 ounce.

Compound tincture of Peruvian bark .. 1 ounce.

Mix together.

Or, if there is much pain in the gums, or any of the teeth are decayed, the following may be employed :—

Take of tincture of opium - - - - - 4 drachms.

Tincture of myrrh - - - - - 1 oz.

Compound tincture of Peruvian bark 2 ozs.

Mix together.

Or,

The spirits of camphor, or the myrrhated Eau-de-Cologne, which may be procured at any respectable druggists, will answer extremely well in many cases.

The Prepared Charcoal of the Areca Nut.

The charcoal of the Areca nut (commonly called the betel nut,) when reduced to a very fine powder, by what is termed levigation, is a very inno-

cent and most valuable tooth powder ; and I may say, from my own experience, by far the best that can be employed. It gives the enamel a beautiful healthy white appearance, destroys the offensive effluvia arising from carious teeth, and not only prevents decay, but even arrests its progress after it has taken place ; and it is worthy of remark, that people, who had long been very subject to tooth-ache, have not suffered from it after using this excellent dentifrice every morning. It is likewise extremely efficacious in the removal of unpleasant tastes in the mouth, and for clearing the tongue. The charcoal prepared from the Areca nut, has been held almost from time immemorial in the highest estimation among the Indians ; and Dr. Lind, an eminent physician, formerly of Bengal, at the advanced age of 80 years, states that in its use he has preserved all his teeth perfectly sound ; and several very respectable gentlemen, who have been long resident in the East Indies, assert that they have found it to be a *great preserver of the teeth, and a certain preventive of the tooth-ache.*

The charcoal of the Areca nut certainly affords a more smooth powder than that of wood, and therefore, for the purpose of cleaning the teeth, is far more efficacious. It also possesses an *alkalescency*, which renders the matter which adheres to the teeth, more readily removed by the brush,—a pro-

perty from which the common charcoal is entirely exempt.

Professor Hertz, a celebrated Prussian dentist, states that those persons who employ this tooth-powder will never require the assistance of a dentist.

The employment of a small quantity of malic acid occasionally with rose water, will render the Areca nut charcoal even of still greater value as a dentifrice.

The tincture of the rhatany root, mixed with an equal quantity of rose water, forms a very excellent astringent lotion for the teeth, and should always accompany the use of the prepared charcoal, or any other dentifrice. This tincture, from its peculiar astringent power, braces and strengthens the gums, and its repeated use has often succeeded in fastening loose teeth.

To sum up in a few words the advantages of this peculiar dentifrice, they may be thus stated,—it preserves the teeth; suspends the progress of decay as well as prevents it; prevents tooth-ache; sweetens the breath; cleans the tongue; corrects the scorbutic and spongy state of the gums, which is a common cause of carious teeth, of pains in the face, and of offensive breath.

Irritation of Teething.

The grand point in teething, says Dr. M. Good, is to moderate the local irritation. A diarrhœa,

(looseness of the bowels) or full discharge of saliva from the glands of the mouth, does this naturally, and hence these are favourable symptoms ; and if the former be violent and accompanied with gripings, it should merely be corrected by magnesia or prepared chalk. If the bowels be confined, we must employ cooling laxatives ; and a discharge of a small quantity of blood from the gums, in the first stage, by lancing them, will often afford effectual relief. If symptoms of oppression or spasmodic action be severe, as drowsiness, difficulty of breathing, stertor or irregular motions of the jaws, antimonial emetics or leeches should be had recourse to, and occasionally repeated ; after which blisters behind the ears or back will be useful. It is singular that the use of the lancet should be so generally objected to. The tooth is imprisoned by a membrane which surrounds it in full stretch, and that membrane is in a state of inflammation. Lancing the gum on the inflamed membrane below the gum, takes off the tension and sets the tooth free. The pain is slight and transient, and by no means to be compared with the permanent uneasiness which the operation undertakes to relieve.

On the Effect of Acids on the Teeth.

Dr. Mason Good observes on this subject, that if the tartar collected on the teeth yield not to common tooth-powder, we may without mischief add

a small quantity of the milder acids in order to render it more efficacious. All dentists oppose the use of acids of every kind; but this is from an unacquaintance with the gradation of chemical affinities. There are but four known acids for which the lime of the teeth has a stronger attraction than for the phosphoric with which it is combined; and these four are the oxalic, the sulphuric, tartaric, and muriatic. From these, ever, we ought sedulously to abstain; but most of the rest may be used with advantage, and harmlessly, and will be often found, by a friction of the tooth-brush, to dissolve the tartar of the teeth without making the least impression on their substance.

For the Tooth-ache.

Take ten grains of alum, a drachm of the spirits of camphor, two drachms of the tincture of opium, and two drachms of elder-flower water; mix them and apply a little to the tooth.

An Opiate for Decay of the Teeth.

Take of armenian bole the quantity of a large nutmeg, a like quantity of roch alum, two pennyworth of cochineal bruised, and a small handful of the chips of lignum vitæ; simmer them with four ounces of honey, in a new pipkin for a little time, till the ingredients are mixed, well stirring the mixture till taken off. To be used thus:—Take

a large skewer, and bind on the end of it a piece of linen rag ; dip the rag in the medicine, and rub the teeth and gums with it. The longer you refrain from spitting, after the use of the remedy, the better. The writer has refrained from doing it for an hour. Wash the mouth well at least once every day, particularly after meals, first rubbing the teeth all round with salt upon the end of a finger. Teeth much decayed, or useless, should be drawn, if the operation can be performed with safety.

An Excellent Tooth Powder.

Take myrrh, roch-alum, dragon's blood, and cream of tartar, of each half an ounce, musk two grains ; and make them into a very fine powder. This, though simple, is an efficacious dentifrice ; but nothing of this kind should be applied too frequently to the teeth, for fear of hurting the enamel.

A Tincture for the Gums.

Take an ounce of Peruvian bark grossly powdered, infuse it a fortnight or longer in half a pint of brandy. Gargle the mouth every night or morning with a teaspoonful of this tincture, diluted with an equal quantity of rose-water.

An Effectual Cure for the Tooth-ache.

One of the most certain remedies for this very painful complaint that we have ever tried is the

nitric acid. If the tooth which produces the pain is carious, a drop of the acid must be applied, taking care not to allow any of the acid to come in contact with any of the sound teeth. We have seen very recently, a case of severe tooth-ache, in which this remedy was had recourse to with success. A drop of the nitric acid was applied to the painful tooth, and almost immediately relief was produced. But although it is a certain remedy, great caution is necessary in using it; and by some persons it is objected to. See page 5.

Tooth-ache.

Lieut. Hardy, in his *Travels in Mexico*, gives the following cure for the tooth-ache:—"Don Carlos Lavandera, son-in-law to the owner of the hacienda, gave me the following recipe for the tooth-ache:—Take the leaves of rue, and, with the addition of a little salt, form them into a bolus, which place in the hollow of the ear, on the side opposite to that of the aching tooth. A stimulating warmth is thus produced; and I have in many, though not all cases, known it to have an almost instantaneous effect in removing the pain.

Tartar on the Teeth.

It has been ascertained by M. La Baume, that tartar on the teeth is produced in the same manner

as coral, by animalcula, which after having formed the nidus, insinuate themselves between the gums and teeth, causing diseases of both, and their secretion often contaminates both. M. La Baume has also ascertained that washing the teeth with vinegar and a brush will, in a few days, remove the tartar; and the use of powdered charcoal and tincture of rhatany will effectually prevent its formation.

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My dear Mother
I received your letter of the 10th
and was glad to hear from you
and all the family. I am well
and hope this finds you the same.

I am writing you a few lines
to let you know that I am
still in the land of the living.

I am feeling better than I have
for some time. I am still
unable to do much work.

I am still in the land of the living
and hope to be able to do
some work soon.

I am still in the land of the living
and hope to be able to do
some work soon.

I am still in the land of the living
and hope to be able to do
some work soon.

I am still in the land of the living
and hope to be able to do
some work soon.